

<p><b>Risk Assessment:</b> Coach-led running on a track or other location deemed to be safe by way of pre-session dynamic RA performed by coach</p>	<p><b>Location:</b> All run routes used for an Alnwick Triathlon Club session</p>
<p><b>Completed by:</b> Andrew Wilde  <b>Date Completed:</b> Oct 2020  <b>Reviewed by:</b> Lisa Williams</p>	

Venue:	Track or road based	Venue Contact Name & Contact Details:	n/a
Address: (Include postcode)	Meeting place to be communicated prior to session. Meeting place to have adequate parking and sufficient space.		
Group:	Members of Alnwick Triathlon Club only	Location of first-aider:	Session will be led by a L1, L2 or L3 coach who will also provide first aid cover, or appoint an alternative first-aider with appropriate qualification.
Date:	Communicated prior to session	Location of Defibrillator	n/a
Time:	Communicated prior to session	Location of telephone:	Coach to take mobile phone with adequate charge and any areas of no signal to be identified prior to the ride
Participants:	Number:	Location of toilets:	n/a
	Age:		
	Participant numbers are limited by the numbers of coaches present:  L1: 8 people L2: 16 people L3: 20 people  Multiple coaches can combine to cover larger numbers but the total number should not exceed 30.	Location of changing rooms:	n/a

Ability:	Various.	Location of first-aid kit:	Essential first aid equipment to be carried by coach / session lead
Lead coach name:	Various	Stocked and maintained:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Venue documents read and understood	Normal operating procedures: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Additional notes:	
(please ✓ appropriate box):	Health and safety policy: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Not venue specific	
	Emergency action plan (EAP): <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No		

### Risk Assessment Form – Part 1: COVID-19 Additional Considerations

Participants and coaches to review latest British Triathlon guidance prior to a session: <https://www.britishtriathlon.org/return-to-play>. Also, restrictions that are applicable to the local area should be reviewed to confirm that cycling in groups, subject to the measures outlined below, is permitted.

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required: (from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
Social distancing	All participants and public	H	X No <input type="checkbox"/> Yes If yes, who:	Ensure participants from different households maintain one meter plus separation at all times, ideally 2 m.  Particular attention should be paid by the coach when participants gather prior to and following a session. Socialising in these situations should not be encouraged.  Participants must adhere to the 'Rule of Six' before and after	Coach	L	22/10/20

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				the session. Participant numbers during the session itself are limited by the numbers of coaches present. Total participant numbers should not exceed 30.			
COVID transmission from providing first-aid in the event of an accident	All participants	H	<input type="checkbox"/> No <input checked="" type="checkbox"/> Yes If yes, who: Advice taken from hse.gov.uk	<p>Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone.</p> <p>If contact is required to provide first aid then the patient and first aider should wear masks and if possible use disposable gloves.</p> <p>After treatment dispose of masks and gloves.</p> <p>If required, only deliver CPR by chest compressions – don't do rescue breaths.</p>	Coach or other qualified first-aider	M	22/10/20
Equipment	All participants	M	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who:	Observe a 'No Touch' policy. No participant should touch another participant or their equipment (including clothing and drink bottles). If this cannot be avoided, any item should be cleaned / disinfected before exchanging.	Coach	L	22/10/20

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Social distancing with members of the public	All participants and public	M	X No <input type="checkbox"/> Yes If yes, who:	Sessions should be held in quiet locations or a track where possible. Social distancing rules should be maintained with members of the public as well as other participants in the session.	Coach	L	22/10/20
Method of travel for coach and participants to the session.	All participants	M	X No <input type="checkbox"/> Yes If yes, who:	Follow government guidance on car sharing and use of public transport. Avoid sharing with any members outside of your household where possible. Aim to walk or cycle in preference to using public transport if it is safe to do so.	Participants and coach	L	22/10/20
Runners attending sessions with COVID symptoms	All participants	H	X No <input type="checkbox"/> Yes If yes, who:	All participants to complete a return to training health questionnaire prior to first session back (only one required covering all disciplines)  Coach to perform a pre-run check to confirm that no participants have COVID symptoms, are having to self-isolate or have been tested positive.	Participants and coach	L	22/10/20

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Contact Tracing	All participants	M	X No <input type="checkbox"/> Yes If yes, who:	Register of attendees to be taken at the start of the session. This could be of the form of a photo of all participants upon agreement by all, providing all participants are known to the coach.	Coach	L	22/10/20

## Risk Assessment Form Part 2 - General

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
Trip or fall due to uneven surfaces or steep slopes / drops	Athletes and coach	M	<ul style="list-style-type: none"> <li>• Coach to provide briefing before session and warn of any particularly rough areas or other hazards</li> <li>• Suitable footwear to be used by athletes</li> <li>• Route chosen should be suitable to the ability of the athletes taking part</li> <li>• Routes with exposure to drops should be minimised.</li> </ul>	Athletes	L	22/10/20
Weather related hazards	Athletes and coach	M	<ul style="list-style-type: none"> <li>• Coach to warn of any weather related hazards (e.g. ice) during pre-session brief or beforehand via emails / social media</li> <li>• Route to be adapted by coach if weather deteriorates significantly throughout the session</li> <li>• Athletes and coach to wear clothing that is appropriate for the weather that is forecasted</li> <li>• Wooded areas to be avoided in the event of very high winds</li> <li>• Hills / peaks to be avoided during thunder and lightening</li> </ul>	Athletes and coach	L	22/10/20
Injury due to livestock	Athletes and coach	M	<ul style="list-style-type: none"> <li>• Fields containing livestock, particularly cows with young, should be avoided where possible during calving period</li> <li>• Warning signs from farmers should be adhered to</li> </ul>	Athletes and coach	L	22/10/20

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			<ul style="list-style-type: none"> <li>• Reduce run speed / walk if the route does go through a field containing livestock</li> <li>• <b>Juniors:</b> particular effort should be taken by the coach to avoid exposing junior runners to livestock. If livestock is likely to be encountered then it is advised to have at least one additional coach or parent helper to support the coach.</li> </ul>			
Insufficient Food / Drink	Athletes and coach	L	<ul style="list-style-type: none"> <li>• Runners have responsibility for ensuring that they carry sufficient food / drink / energy gels for duration of session</li> </ul>	Athletes	L	22/10/20
Physical condition of runner not suitable for the run	Athletes and coach	M	<ul style="list-style-type: none"> <li>• Coach to clearly communicate the plan for the run before the session and to tailor the session as required for the individuals attending</li> <li>• Runners to ensure they are aware of the distance / pace of the run to be undertaken and are of a sufficient level of fitness to complete it</li> <li>• Do not start any run if you are feeling unwell or do not think you are able to complete it</li> <li>• If during a run you become unwell, inform the coach or group leader immediately.</li> </ul>	Athletes and coach	L	22/10/20

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Traffic accident	Athletes and coach	H (open road runs) L (track)	<ul style="list-style-type: none"> <li>• Run routes to be planned to minimize exposure to traffic</li> <li>• Coach to warn athletes of any particular hotspots (e.g. busy road crossings)</li> <li>• Athletes should remain aware of surroundings and pay particular attention when close to / crossing roads</li> <li>• <b>Juniors:</b> particular effort should be taken by the coach to plan a run route that minimizes exposure to traffic. Particular care should be taken at road crossings and additional coaches / parent helpers should be used where possible.</li> </ul>	Athletes and coach	L	22/10/20
Medical incident  Dehydration, Heat stroke, Hyperthermia, Fibrillation	Athletes and coach	M	<ul style="list-style-type: none"> <li>• Each runner needs to self assess if they are fit enough to join a club run and inform the coach of any limitations</li> <li>• Runners need to carry their own medication and inform others if their assistance may be required i.e. EpiPen or Insulin</li> </ul>	Athletes	L	22/10/20
Tick bites (and potential to contract Lymes Disease)	Athletes and coach	L	<ul style="list-style-type: none"> <li>• Aim to avoid off road routes through long grass in spring / early summer</li> <li>• Athletes to check legs for ticks after a session if exposed to long grass</li> </ul>	Athletes and coach	L	22/10/20
Lost runner	Athletes and coach	M	<ul style="list-style-type: none"> <li>• Run as a group and / or consider use of a buddy system</li> <li>• Coach to communicate run route prior to session</li> <li>• <b>Juniors:</b> use of buddy system is advised and additional coaches or parent helpers</li> </ul>	Athletes and coach	L	22/10/20



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			<p>should be used for larger groups. If running at night, particular attention should be taken to running in one group and maintaining a pace that is suitable for the slowest runner.</p>			

**Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):**

n/a

